

Squash Soup

Makes: 6 servings

Ingredients

- 1 tablespoon** olive oil
- 2** onion (medium, chopped)
- 2** carrot (medium, chopped)
- 2** garlic clove (minced)
- 1 cup** tomato puree (canned)
- 5 cups** chicken or vegetable broth, low-sodium
- 4 cups** winter squash (cooked)
- 1 1/2 tablespoons** oregano (dried)
- 1 1/2 tablespoons** basil (dried)

Directions

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrot and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in the tomato puree, chicken broth, cooked squash, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

University of Connecticut, Cooperative Extension, From the Farm to



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	123	
Total Fat	4 g	6%
Protein	6 g	
Carbohydrates	20 g	7%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	92 mg	4%

MyPlate Food Groups

Vegetables	1 1/2 cups
------------	------------